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Friday FACTS

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"Leadership, Partnership, and Championship"

Surgeon General's National plan to combat overweight and obesity

In 1999, 61 % adults in the United States were overweight or obese (BMI >25). Last month the Surgeon General David Satcher called a "listening session" to action to address the nations priorities for reducing the prevalence of overweight and obesity. The workshop was held at the National Institutes of Health (NIH) in Bethesda. The Surgeon General is asking the Nation to take an informed, sensitive approach when communicating with and educating the public about health issues related overweight and obesity. The primary focus should be on health and not appearance. Overweight and obesity substantially raises the risk of illness from high blood pressure, high cholesterol, type II diabetes, heart disease and stroke, gallbladder disease, arthritis, sleep apnea, asthma, and certain types of cancers. In the U.S., 300,000 deaths occur yearly due to weight-related illnesses, and an estimated \$117 billion dollars is spent annually for health care costs related weight related illnesses. Satcher is recommending health care providers and educators promote:

Healthier food choices:

- *Using the Food Guide Pyramid to influence food choices.
- * Eat at least 5 servings of fruits and vegetables daily.
- * Choose a variety of grains (especially whole grains) daily.
- * Reasonable portion sizes.
- * Plan for healthy snacks at school, work, and home.

Opportunities for physical activity at work sites and in communities and recommend:

- *Adults should participate in 30 minutes of moderate physical activity most days of the week. Daily exercise is one of the most important defenses against overweight and obesity.
- *Reduce time spent watching television, using the computer, and in other sedentary behaviors.

For further information on the Surgeon General's National plan to combat overweight and obesity, see the following website: <http://www.surgeongeneral.gov/topics/obesity/>

DoD Population Health Improvement (PHI) Plan and Guide Released

TRICARE Management Activity (TMA) has released the PHI Plan to provide implementation guidance to the Services. PHI is the balancing of awareness, education, prevention and intervention activities required to improve the health of specific population groups. The Plan identifies a variety of resources that may be useful in delivering population-based health care to Military Health System (MHS) members. While the Plan provides the strategic overview for population health, the Services will each continue to plan and implement programs that address needs of their communities. [http://www.tricare.osd.mil/mhsophsc/DoD PHI Plan Guide.pdf](http://www.tricare.osd.mil/mhsophsc/DoD_PHI_Plan_Guide.pdf)

Welcome

LT Erica Schwartz, MC, USNR has recently joined the staff of the Health Promotion / Population Health directorate. She received her Master of Public Health with a major in Health Administration in 2000. LT Schwartz completed the Uniformed Services University Occupational and Environmental Medicine (OEM) residency program in 2001 where she served as the OEM chief resident. She completed training as a clinical epidemiologist and is currently working in Population Health and Healthcare Epidemiology.

"Nothing in the world lasts, save eternal change"
-Marquis de Ragan